

PENERAPAN TERAPI AKTIVITAS: MERANGKAI BUNGA UNTUK MENINGKATKAN HARGA DIRI DI RSJ GRHASIA YOGYAKARTA

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ABSTRAK

Latar Belakang: Harga diri rendah merupakan salah satu masalah gangguan konsep diri yang sering dialami pasien skizofrenia. Kondisi ini ditandai dengan penilaian negatif terhadap diri sendiri, merasa tidak mampu, malu, kurang percaya diri, serta menarik diri dari lingkungan sosial. Salah satu intervensi keperawatan yang dapat diberikan untuk membantu meningkatkan harga diri pasien yaitu terapi aktivitas merangkai bunga bertujuan untuk melatih kemampuan diri, meningkatkan rasa percaya diri, dan melatih kemampuan positif pasien.

Tujuan: Penelitian ini bertujuan untuk mendeskripsikan penerapan terapi aktivitas merangkai bunga pada pasien dengan harga diri rendah kronis serta membandingkan respons kedua pasien selama pelaksanaan terapi di RSJ Grhasia Yogyakarta.

Metode: Penelitian ini menggunakan metode studi kasus deskriptif dengan subjek dua pasien yang mengalami harga diri rendah kronis di Wisma Nakula RSJ Grhasia Yogyakarta. Data diperoleh melalui wawancara, observasi, dan dokumentasi. Intervensi dilakukan selama 3 hari berturut-turut dengan tahapan pra interaksi, orientasi, fase kerja, dan terminasi. Evaluasi dilakukan menggunakan lembar observasi

Hasil: Sebelum dilakukan terapi, kedua pasien menunjukkan tanda-tanda harga diri rendah berupa penilaian diri negatif, kurang percaya diri. Setelah dilakukan terapi aktivitas merangkai bunga selama 3 hari, terjadi peningkatan harga diri yang ditunjukkan dengan munculnya penilaian positif diri, kontak mata meningkat, postur tubuh lebih tegak, serta minat mencoba aktivitas baru. Pasien I (Tn. S) menunjukkan respons lebih baik dibandingkan pasien II (Tn. M), sedangkan pasien II masih memerlukan arahan dan motivasi selama terapi berlangsung.

Kesimpulan: Penerapan terapi aktivitas merangkai bunga dapat membantu meningkatkan harga diri pada pasien dengan harga diri rendah. Intervensi ini dapat menjadi salah satu tindakan keperawatan yang mendukung peningkatan kemampuan positif dan rasa percaya diri pasien.

Kata Kunci: Harga diri rendah, terapi aktivitas, merangkai bunga, skizofrenia

IMPLEMENTATION OF ACTIVITY THERAPY: FLOWER ARRANGING TO IMPROVE SELF-ESTEEM AT GRHASIA PSYCHIATRIC HOSPITAL, YOGYAKARTA

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ABSTRACT

Background: Low self-esteem is one of the self-concept disturbances commonly experienced by patients with schizophrenia. This condition is characterized by negative self-evaluation, feelings of inadequacy, shame, lack of self-confidence, and social withdrawal. One nursing intervention that can be provided to help improve patients' self-esteem is flower-arranging therapy, which aims to build self-reliance, boost self-confidence, and foster positive coping skills in patients.

Objective: This study aims to describe the application of flower-arranging activity therapy in patients with chronic low self-esteem and to compare the responses of the two patients during the therapy at Grhasia Psychiatric Hospital in Yogyakarta.

Methods: This study employed a descriptive case study method with two patients experiencing chronic low self-esteem at Wisma Nakula, Grhasia Mental Hospital in Yogyakarta as subjects. Data were collected through interviews, observations, and documentation. The intervention was conducted over three consecutive days, comprising pre-interaction, orientation, work phase, and termination stages. Evaluation was performed using an observation sheet

Results: Before therapy began, both patients exhibited signs of low self-esteem, including negative self-perception and a lack of self-confidence. After participating in flower-arranging therapy for 3 days, there was an improvement in self-esteem, as evidenced by the emergence of positive self-perception, increased eye contact, better posture, and an interest in trying new activities. Patient I (Mr. S) showed a better response compared to Patient II (Mr. M), while Patient II still required guidance and motivation throughout the therapy.

Conclusion: The implementation of flower arranging activity therapy can help improve self-esteem in patients with low self-esteem. This intervention can serve as a nursing intervention that supports the enhancement of patients' positive abilities and self-confidence.

Keywords: Low self-esteem, activity therapy, flower arranging, schizophrenia